

Adam Huffman BA



Adam Huffman is a Youth Advocate Worker and ESL (English as a Second Language) Instructor. Adam has been certified as a Mental Health First Aid trainer since 2016 and joined the Arpeggio Health Services team in 2019 to deliver the course in Halifax, Nova Scotia and surrounding areas.

Following his Bachelor degree at Saint Mary's University, Adam relocated to South Korea to teach English before returning to Nova Scotia and beginning his work with youth and families involved in criminal & gang-related activity. In his role as a Youth Advocate Worker and Youth Care Worker in various residential group home settings, he gained experience working on an interdisciplinary team supporting clients living with various mental health problems in the Halifax/Dartmouth area.

Adam has been invited to speak on his thirteen-plus years of working with youth and families involved in criminal and gang-related activity at conferences and other events hosted by the Halifax Regional Municipality, The Nova Scotia Federation of Municipalities and The Nova Scotia Criminal Justice Association.

Adam takes an interactive approach when delivering workshops and is extremely passionate about discussing issues surrounding mental health problems including stigma. He finds it highly rewarding to educate members of the public about the mental health problems affecting so many Canadians today.

In his spare time Adam enjoys playing music, reading and being outside with his two daughters. Adam also spends time volunteering at a recording studio, introducing the studio and recording process to youth who may not normally have the opportunity to utilize the space.